

# Understanding the Dietary Guidelines for Americans 2005



# Key Recommendation #1

Adequate nutrients within  
calorie needs.

Eat a variety of foods.



# Empty Calories

- Foods and beverages that have little or no nutrients and are high in calories.



# Nutrient Dense Beverages

- Milk
- Fruit Juice
- Vegetable Juice
- Soy Milk
- Fruit Smoothies



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Your food and physical activity choices each day affect your health—how you feel today, tomorrow, and in the future.

These tips and ideas are a starting point. You will find a wealth of suggestions here that can help you get started toward a healthy diet. Choose a change that you can make today, and move toward a healthier you.

# Key Recommendation #2

## Weight Management

- Maintain a healthy weight.



# How much should I weigh?



Ask your doctor.

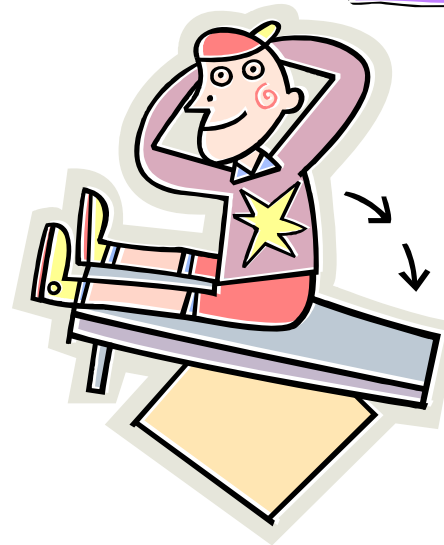
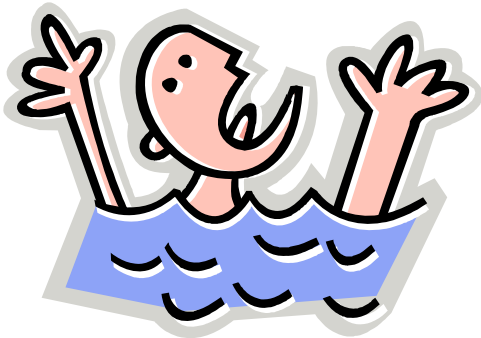
- When should I be concerned about how much I weigh?
- When I'm an adult or 18 years old.
- What is the best way to prevent gradual weight gain?
- Make healthy food choices.
- Eat smaller portions.



# Key Recommendation #3

## Physical Activity

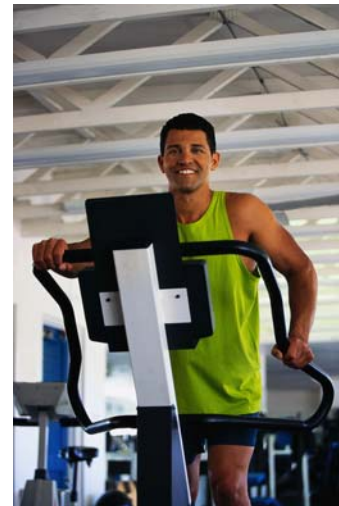
- Be physically active each day.





# Exercise

- Teenagers should get at least 60 minutes of exercise daily.
- 3 types of exercise:
  - Flexibility
  - Aerobic
  - Weight Bearing



# Key Recommendation #4

## Food Groups to Encourage

- Fruits
- Vegetables
- Whole Grains

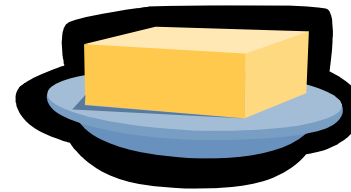


Americans eat too few fruits, vegetables and whole grain foods. The nutrients in these foods can **prevent disease**.

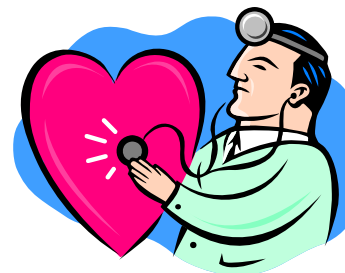
# Key Recommendation #5 Fats

## Use Unsaturated Fats When Possible

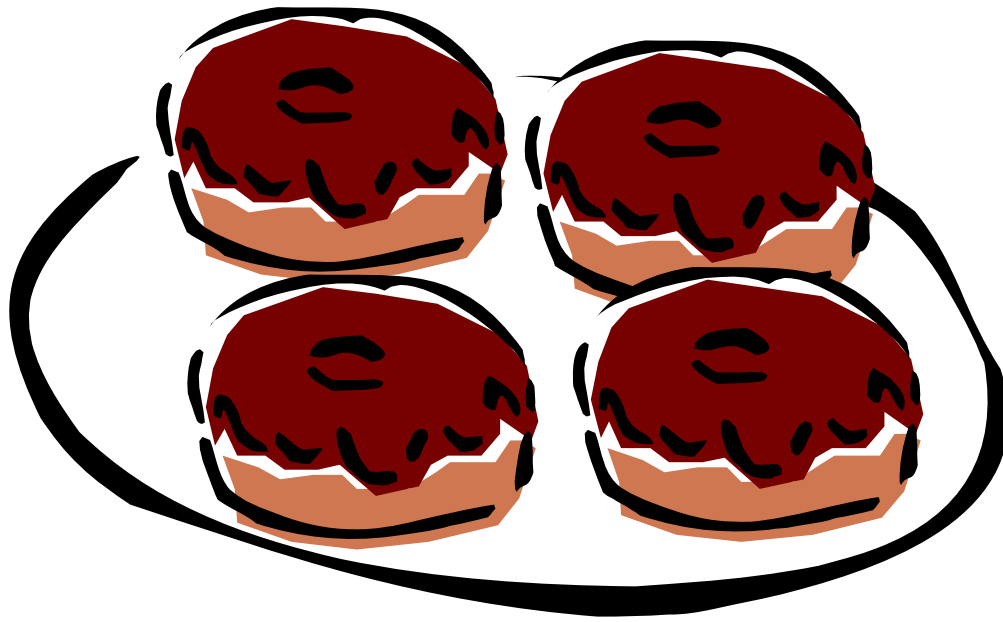
- Oils are fats that are liquid at room temperature. (Olive Oil)
- Fats are fats that are solid at room temperature. (Butter)
- Trans fatty acids are found in oils turned to fat and are directly linked to raising LDL's which can cause heart disease.
- Trans Fats will now be required on food labels.



Nutrition Facts	
Serving Size 2 crackers (14 g)	
Servings Per Container About 21	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber Less than 1g	3%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g



High Fat or Low-fat?????



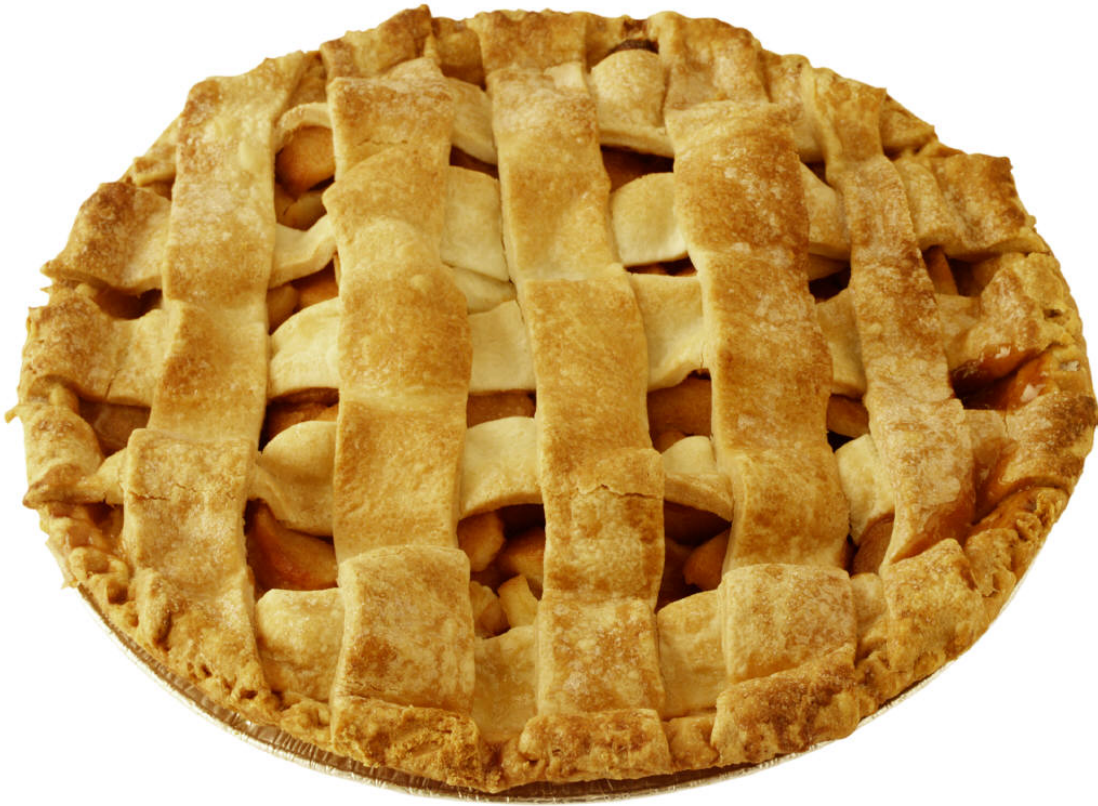
HIGH

# High Fat or Low-fat?????



Low-fat

High Fat or Low-fat?????



High Fat

# High Fat or Low-fat?????



Low-fat

# High Fat or Low-fat?????



Low-fat



# High Fat or Low-fat?????



## High Fat

# High Fat or Low-fat?????



- High Fat

# High Fat or Low-fat?????



Low-fat

# High Fat or Low-fat?????



- High Fat

# High Fat or Low-fat?????



- Low-fat

# Key Recommendation #6

## Carbohydrates-Limit Sugar

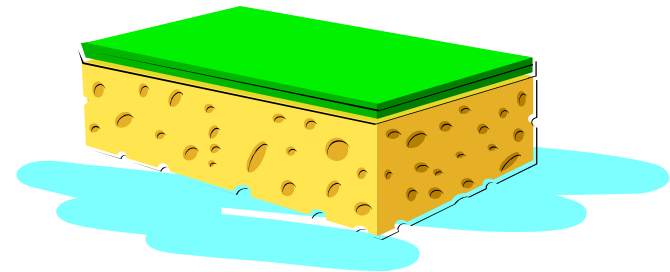
- Choose whole fruits over fruit juice when possible-whole fruits have more fiber than juice.
- Choose whole grain bread at least half the time-it has more fiber.
- Choose fiber-rich foods more often like whole fruits and vegetables and whole grains.
- Ingredient label must have the word “whole” on it if it is a whole grain.

# What does fiber do for our body?

- Cleans out our digestive system.



- Helps absorb blood cholesterol.





3 grams of fiber



.4 grams of fiber



# Sugar-Undercover

- Maltose (grains)
- Fructose (fruits)
- Lactose (milk)
- Sucrose (table sugar)
- Corn Syrup
- High Fructose Corn Syrup
- Maple Syrup
- Honey
- Molasses
- Fruit Juice Concentrate
- Brown Sugar
- Powdered Sugar



# Sugar in my Cereal?!

- Special K
  - Cheerios
  - Cap N' Crunch
  - Lucky Charms
  - Life
  - Sugar Pops
  - Rice Chex
  - Fruit Loops
  - Shredded Wheat
  - Fruity Pebbles.
- 4.4% Sugar
  - 2.2% Sugar
  - 43.3% Sugar
  - 50.4% Sugar
  - 14.5% Sugar
  - 61.3% Sugar
  - 8.5% Sugar
  - 47.4% Sugar
  - 1% Sugar
  - 55.1% Sugar

# Key Recommendation #7

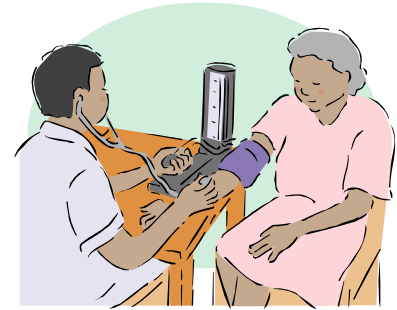
## Sodium & Potassium

### Less Salty Foods

### More Fruits & Vegetables



- Another name for sodium is
- Sodium can increase a person's blood pressure.



# So how do I lower salt in my diet?

- Cook from scratch instead of using pre-made mixes like spaghetti sauce.
- Taste food before putting salt on it.
- Eat out less often.

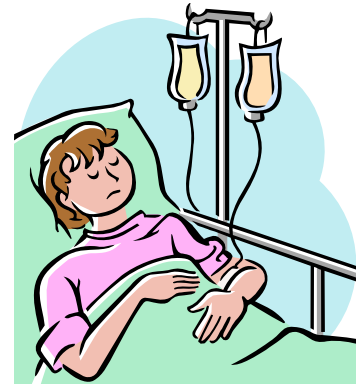


# Potassium-rich Foods Include:



# Food Safety

- This is new to the dietary guidelines.
- Tens of thousands of people get a food-borne illness every year.



Wash hands for at least 20 seconds with hot soapy water.



# Clean

- Use hot, soapy water to clean dishes and surfaces.
- Wash hands frequently.





# Separate

- Keep raw meat and fish away from foods that don't need to be cooked.



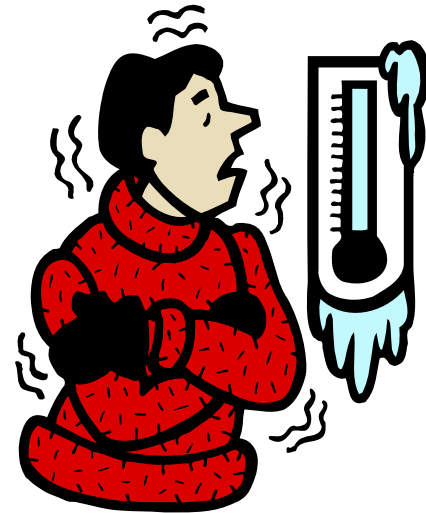
# Cook

- Cook meat and poultry until center is no longer pink or to the correct temperature.



# Chill

- Keep foods out of the danger zone.
- Remember the 2 hour rule – perishable food should not be left at room temperature longer than 2 hours.



The end.